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MANAGEMENT OF CHILDREN

IN

S I C K N E S S

AND IN

HEALTH.

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BY DR. G. ACKERLEY.

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THIRD EDITION.

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NEW-YORK:

PUBLISHED FOR THE AUTHOR BY BANCROFT & HOLLEY

No. 8, ASTOR'S BUILDING, AND 395 BROADWAY

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THE following statement, showing the extraordinary mortality in childhood, will render any further preface unnecessary.

It appears from the report recently made by the City Inspector, that during the last ten years, 64,598 interments have taken place in the City and County of New-York. Of these 28,996 were children under five years of age—very nearly one half of the whole number of deaths; and, in the last year, 7,082 deaths are reported, of which 3,614 were under five years of age—*more* than one half.

IN presenting this third edition, on the Management of Children, to the public, the author has thought it most advisable to adhere to the original plan of the work, namely, to give in as plain and *concise* a manner as possible the best mode of rearing this interesting part of the community to healthy and vigorous manhood. Deeming it unwise to multiply its pages by long and, to the general reader, tedious and unprofitable discussions of the abstrusities of medical science, and calculated only for the professional reader, he has still confined his observations to those measures of securing health which clearly fall within the province of the parent to carry into effect. Although the size of the work has been considerably increased by several additional topics relating to sickness, he believes there is not a fact stated, nor a single measure proposed, which it is not the interest of every one to be acquainted with, and which will not be found practicable, in being put into execution.



## NOTICES OF THE FIRST EDITION.



“Dr. G. Ackerley, of this city, has just published a pamphlet on the Management of Children. His object has been to convey in a cheap form to all classes, the best mode of rearing that interesting part of the community to healthy manhood. In the devotion of his time and talents to such a useful and benevolent purpose, the author deserves the thanks of the public.”—*New-York Gazette*.

“The Management of Children is an interesting and very useful little work. The author displays much knowledge of the subject, and lays down rules and instructions at once useful to the practitioner and parent.—We trust it will find an extensive circulation.”—*Albion*.

“The Management of Children—is concise and well written, and conveys information upon an exceedingly interesting subject, in a plain and perspicuous manner.—Its directions for the medical and dietetick management of children, are evidently the result of professional erudition and experience, and are perfectly consonant to the dictates of nature and common sense.”—*Sunday News*.

“Dr. G. Ackerley, of this city, has published a very interesting pamphlet on the Management of Children, which should be in the possession of every family. It points out many prevailing errors, and corrects them in a sensible and judicious manner.”—*Evening Star*.

“We can, with confidence, recommend this unpretending little work as a safe guide for parents in the treatment of their young children.”—*New-York Mercantile Advertiser*.

“On the Management of Children by Dr. G. Ackerley.—We have a general antipathy to all medical treatises, for we believe they have been the means of sending ten to a premature grave where they have benefitted one. The work in question is, however, a rare exception to the general rule.—We recommend it as being well worthy the attention of all mothers.”—*New-York Evening Post*.

“It is in order to induce parents to reflect how much depends upon them for the health and life of their children, that this cheap and practical little treatise was prepared. It is affectionately and earnestly written—in very plain and untechnical language, and cannot fail, if generally read, of arresting some of the bad practices, and removing some of the errors in the treatment of children; to the prevalence of which, in part, the fearful mortality referred to must be ascribed.”—*New-York American*.

"We have received a pamphlet on the Management of Children, by Dr. G. Ackerley. The subject is most important, and the circulation of such a manual may do much good."—*Churchman*.

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"We have looked through a pamphlet of 27 pages, on the most important subject that can possibly occupy the attention of mankind, 'The Management of Children in Sickness and Health.' By Dr. G. Ackerley. During the last ten years 64,598 burials have occurred in this city and county, of which 28,996 were children under five years old; and of the deaths, (7,082,) of the year last past, more than one half, (3,614,) were under five years of age. Any thing calculated to obviate so alarming a mortality is well worthy of the earnest attention of the community, and we accordingly recommend Dr. Ackerley's brochure to all heads of families."—*New-York Mirror*.

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"On the Management of Children, by Dr. G. Ackerley, a pamphlet of 27 pages, written in a plain and comprehensive manner, and containing much useful and valuable advice.—This small and unpretending brochure should be in the hands of every mother who is solicitous to promote the health and comfort of her offspring.—Its language is plain, untechnical, and suited to the comprehension of every reader.—*New-York Courier and Enquirer*.

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# MANAGEMENT

OF

## Children in Sickness and in Health.

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THE great mortality among children, during the infantile period, under three years of age, would induce the superficial observer to imagine that it was a part of the grand scheme of the Creator that a large portion of the human species should fail to reach the years of maturity :—consequently, that it was unavoidable. Indeed, the philosopher, contemplating the subject, is astonished at the great mortality he observes among infants, compared with that which takes place among the young of the lower classes of animals. To the intelligent physician, however, the cause is obvious ; and to him it is made more manifest every day of his life, that this mortality among infants arises, not from

any discrepance in the works of the Creator, which are all equally perfect, but that it is to be attributed principally to man's ignorance and consequent neglect.

The infant is mismanaged,—through ignorance is frequently improperly treated in health, and neglected in disease, until its beautiful though tender organization is so totally changed, that life cannot continue, and death must be the inevitable consequence: for, when the vital organs have become altered in structure to a certain extent, they are irreparable; and no matter what be done, no matter how talented the physician, the child must die; for its Maker has thought it fitter it should die, rather than be restored to a state of imperfect existence, incompatible with its own happiness and the welfare of its species. To the suffering and sympathizing parent this may appear hard, but it is only another evidence, among those that every where present themselves, of the wisdom and benevolence of the Almighty, in removing the individual when its life would be miserable to itself, and when its species would suffer by the perpetuation of disease.

It is a melancholy but indisputable truth, that a great proportion of those children who die, die from neglect, in not having the benefit of medical assistance in the

early stages of disease—not through the blameable ignorance of those whose duty it is to watch over and protect them—but through the unavoidable though general ignorance of man, in consequence of his having neglected to make himself acquainted with the laws established by the Creator for his own welfare and happiness.

The young of the lower animals have instincts by which they are governed, and these are so wisely ordained, so positive in their character, that it is impossible for them to err. They have rarely a propensity to do what inevitably leads to their destruction: their appetites are limited to the peculiar food provided for each, and although each species may differ in its instinctive desires, none strays from the path originally ordained for it. They are clothed and every way organized to accommodate them to the climate, soil, etc., of their respective regions, and are consequently not liable to be affected by vicissitudes of temperature, and a variety of causes that tend to the production of disease. Their organization, also, being complete at birth, or in most, in a few days, they are at once adapted to surrounding circumstances, and acting as their instinct impels them, in accordance with, and not in opposition to Nature's laws, disease is comparatively

rare among them. Whereas, in man, the Creator having wisely and benevolently ordained that he should not be limited in his desires by instincts, but that he should have a much wider range of enjoyment, has endowed him with moral sentiments and reflecting faculties, by which he is rendered a rational and accountable creature, and enabled to observe and reflect on the laws established for his government. These faculties, however, unlike those of the lower animals, require to be cultivated and exercised, in order that he shall derive from them the greatest amount of enjoyment. If man, therefore, neglect to use and cultivate these reasoning powers, and goes headlong on pursuing the bent of his wishes, he will surely suffer the penalty imposed by the Creator for such neglect : whereas, should he cultivate them, and apply himself to the observation of the different phenomena which are continually going on around him, and reflect upon their effects on him as an animal, and at the same time study his own nature, and its capabilities of adaptation to the various modifications of these phenomena, he would find that the different agents, as heat, light, air, electricity, exercise, clothing, food, &c., that now frequently affect him disagreeably and injuriously, would become sources of happiness infinitely beyond what he at present enjoys or conceives himself capable of enjoy-



ing, and that his exemption from disease would be immeasurably increased.

Now, as the infant is not perfect in its organization at birth, but requires time for its gradual development, it necessarily requires the superintending care of its parent until it can act for itself; and to secure this superintending care, observe what a delightful office the Creator has made it for the female to perform ! What love and tenderness can equal that existing in the mother for her offspring ? But as man has neglected to study his own nature as an animal, and his relation to external circumstances, and is in a great measure ignorant of the laws ordained for his perfect government, the infant must frequently suffer, not only from the pernicious effects of surrounding circumstances, but from the neglect consequent upon ignorance in the parent in not having timely recourse to medical aid when labouring under disease.

Is it not matter of surprise that man should thus have omitted a study so important to his own happiness ?—that while he “has searched into the mysteries of the heavens, penetrated the bowels of the earth, and explored the utmost regions of its surface,” he has still neglected the study of himself ? That he *has* neglect-

ed to do so is abundantly proved by the fact of his own dissatisfied condition—by his own great liability to disease, and his frequent neglect of himself when overtaken by it.

Would it not be desirable, then, that seeing in the present state of society man has omitted to turn his attention to matters so deeply concerning his own happiness, that the current of his thoughts should be directed to the study of the science of himself—the science that teaches him how he lives and moves, and has his being—the science that will assuredly enable him to avoid a large amount of suffering himself, and add incalculably to the health and welfare of his offspring?

Deeming it sufficient in this place, to show the necessity for man's devoting himself more extensively to the study of his own nature, and its relation to the external world, I leave the best mode of pursuing it to the suggestions of the philosophic philanthropist. In the meantime I would remark that, for the individual who embarks in the inquiry, a rich feast is prepared—a feast with which he will never be satiated—a feast prepared for him by his Maker, and which he will find continually hallowed by the presence of his God.

# MANAGEMENT

OF

## CHILDREN IN SICKNESS.

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### On the Choice of a Physician.

To the intelligent parent it may seem unnecessary that any thing should be said on the subject of the choice of a physician. Unfortunately, however, a large proportion of the community cannot be comprehended under the class of the thinking; and as this little work is particularly designed for those whose avocations do not afford them leisure, had they inclination, to look into matters that do not appear immediately necessary to their well being, a few words on this subject may not be amiss.

It is important above all things, in choosing a physician, that one should be selected, if time and opportunity permit, in whose *skill* and *integrity* we have entire confidence. It is certainly desirable to have gentleness and mildness of manner combined with skill if it can be obtained, particularly in the treatment of children; but, although we should never countenance coarseness and

vulgarity, by allowing it to pass for eccentricity, we should never reject a man because his personal appearance, his manner or his dress, does not exactly accord with any preconceived notions we may have as to perfection in these matters, for they are small matters,—small indeed, when compared with the important nature of the business we have in hand for him. We ought to reflect, and never lose sight of the object for which his services are required; we ought never to forget that it is to have the sick made well, and for this alone; we ought to recollect that our child's life is at stake—the child so long wished for, and born in pain and travail—the child on whom we delight to gaze and doat—the child in whom we, perhaps, already perceive our very *selves*—is in danger of perishing. And can we leave this little suffering, helpless thing to the care of those in whom we have not the fullest confidence? No, we cannot. I know the reflecting parent needs no appeal to his feelings in behalf of his suffering child; but alas! how few that *do* reflect—how few that think maturely for themselves in these matters, until alarmed and made sensible of their own dereliction of duty, by the painful intelligence,—*the child must die!*

Having made choice of one in whom we have entire confidence, it is but justice to act honestly with him. We ought, therefore, neither to hide any thing from

him, nor exaggerate any of our statements. We ought to tell him the whole truth, and nothing but the truth. If we deceive him, our poor child must be the sufferer. Whatever remedial means are advised, whether in the administration of medicine, or in the general management of the child, however trivial or unimportant they may appear, ought to be fulfilled with the most scrupulous care and exactness; for the most judicious measures, prompted by the wisdom of the best experience, and approved by the soundest judgment, are often rendered entirely nugatory by imperfect fulfilment, arising through negligence in those who have the care of the child, or the kind but injurious interference of friends. Should doubts arise as to the propriety of the means that are being pursued, these should be removed at once, for the half measures generally resulting from a want of confidence in the physician, will inevitably operate to the injury of the child, and if carried on unknown to him are a piece of injustice to the physician himself.



### **Management of a Child in a State of Fever.**

When a child is hot, thirsty, and restless, and has a quickened pulse, it is in a state of fever; that is, it is

in that state of general excitement which in a greater or less degree almost invariably attends the diseases of children, no matter what the cause, where the seat, or what the name of the disease may be.

Seeing that this general feverish state is almost constantly present in the diseases of children, it becomes of paramount importance that some general views should be had of the management proper to be employed during its continuance, particularly that the errors which prevail may be guarded against, and that the disease may not be aggravated by mismanagement.



### Of the Sick Room.

It is of the first importance, when circumstances permit, that a proper chamber should be selected for the sick. The sick room, as it is generally called, ought to be in the upper part of the dwelling, as diseases are most fatal to children who reside in the lowest apartments, as kitchens, cellars, etc. It ought to be kept cool and well ventilated, and applied exclusively to the purposes of the sick. All unnecessary furniture, bedding, etc., should be excluded. Silence should prevail,

and in dangerous illness and violent fevers, it will frequently be advantageous to have the room darkened.— Every thing offensive to the smell must be removed as soon as possible ; and, for the purpose of purifying the chamber after evacuations, etc., pure fresh air is the best : therefore, the window and door may be frequently and freely opened, if the weather permit, taking care to screen the child from the draft. All persons not really necessary ought to be excluded, as tending to disturb the child and render the air impure. One quiet nurse in addition to the parents, or those who have the care of the child, is amply sufficient ; and this exclusion ought not to be considered as a piece of unkindness by visitors : it is a measure, in serious illness, absolutely demanded, in order that the necessary remedial means may be carried on without interruption, and also, that the feelings of the parents, already too much excited, may not be increased by conflicting opinions ; for it will be recollected by the considerate visiter, that a mother with a sick child is herself an object of commiseration. Who so unhappy—who so utterly wretched, as the fond mother when the dangerous illness of her darling offspring fills her heart with agony, as it hangs between hope and despair?

## Further Directions when in a state of Fever.

A child in a state of fever should be kept cool, but not cold. It should lie on a soft mattress, over which a few folds of a blanket and a sheet may be laid. Feather beds envelope the child too much, and in warm weather prevent the extra heat generated from passing off. The coverings should be light, as great injury is done by too much covering. The child should be frequently examined, and the covering added or removed according to its state at the time. The head of the child should be particularly attended to, and when hot and the seat of disease, should be kept as cool as possible. For this purpose the cap should be removed; and if there be much hair, it should be cut off close, in order that the cool air may come in contact with the skin. The feet and hands should be kept sufficiently warm. If the child be very hot and thirsty, its drink should be pure cold water, otherwise, water boiled and suffered to cool, toast water, or very weak tea: its nourishment gruel or arrow root—milk should be avoided: even its mother's milk is improper in the quantities generally allowed to be taken. The child wants liquids and but little food; and in *violent* fevers scarcely a par-



ticle of food should be given. I need hardly say that all heating liquors, hot stimulating teas, soups, &c., should be carefully abstained from. A great, and frequently a fatal, error is committed in giving hot stimulating teas, etc., to children in a state of fever, with a view to drive out eruptions, as measles, scarlet fever, small pox, etc. These diseases are thus frequently rendered deadly when they would otherwise, probably, have proved mild in their character. Another great error is every day committed, in giving the child something to restore its strength. The mother is anxious, the friends are clamorous, all dreading lest the child should die of weakness. As you value the life of your child, beware of doing this contrary to the advice of the physician. He alone can tell when the last spark of disease is extinguished, and until it is extinguished there is no safety for the patient. How often is the medical attendant called upon to witness the wreck of all his hopes by the injudicious administration of a little wine whey, or some such stimulant, that is thought incapable of doing any harm. How often has a fond mother in her anxiety agreed to the suggestion of some kind and well intending, but mistaken friend, and "put out the light," the little light, that still glimmered in the mortal socket, and which, with proper management, might frequently have been made to resume its wonted glare and brightness !

## Convalescence.

After the fever has entirely subsided, and the child may be said to be cured of the disease under which it has been labouring, great care and forbearance must still be exercised, in order to prevent a relapse : relapses are most frequently produced by errors in diet.

The infant at the breast of course needs no other food than that derived from its mother. Those who are weaned may now have Indian gruel with milk in it, sago, arrow root, rice, Irish moss, or tapioca. As the strength returns, simple beef tea, plain soups, and finally tender meats may be given : but in all these matters circumstances must govern us. All I wish to impress on the mind of the parent is, that the usual diet must be resumed with great caution, and that whatever is deemed proper must be given in small quantities at a time. By oppressing the digestive organs, now feeble, with a load they cannot dispose of, fever is reproduced, bowel complaints ensue, and ultimately the child, like the vessel wrecked in port after having weathered the storm at sea, perishes from misdirected *kindness*, after it has survived the attack of *disease*.

## Teething.

It would not comport with the object of this short treatise, to enter into a detailed account of the evils that frequently arise from difficult teething. Parents are well aware of the dangers the child is subject to during this important epoch. It may be well to observe, however, that when a child is *suffering* from the process of cutting teeth, it is generally in a state of fever, and requires the cooling regimen mentioned under that head. All soothing or sleeping drops should be carefully avoided, lest inflammation of the brain be brought on. All animal food should be withheld. Objection to lancing the gums ought never to be made : the supposition that they are hardened by the operation is erroneous. The greatest advantage generally accrues from it, and frequently the life of the child is saved by it. A great error is also committed in not attending to the bowel complaints that frequently accompany the process ; and a still greater one in attributing to this cause other diseases, themselves dangerous, and thus neglecting them at a time when they might be cured, until they become alarming or are beyond the reach of medical aid.

## Management during Fits or Convulsions.

Fits in children are always attended with danger, and not a moment should be lost in sending for assistance. In the meantime strip the child of its clothes, and place its feet and legs in warm water, at the same time applying cold to its head, by means of thin cloths dipped in cold water. Should its head be very hot, and the fits continue, pour a stream of cold water on the back of the child's head, holding it over a pail, while its feet are still in the warm bath. Never plunge a child wholly into the hot bath in case of fits or convulsions, neither give it any thing hot or stimulating to stop them ; rather let it alone with what is already done until medical aid arrive, than proceed one step in doubt, when that step may lead to the utter destruction of the life of the child.



## Drowning.

When the living body has been under water a certain length of time, it dies, in consequence of the suspension of the necessary change which the blood *ordi-*

*narily* undergoes by coming in contact with the atmospheric air in the lungs in the act of breathing. Few well authenticated cases of recovery from drowning are on record, where the breathing had ceased more than five minutes. As it is difficult, however, to come at the facts in these cases, our efforts at resuscitation should by no means be limited to cases of such short submersion ; on the contrary, in every case where there is the least hope of restoration, our attempts should commence immediately ; and the first thing to be done is to re-establish respiration by inflating the lungs. This is best effected by introducing the nose of a pair of bellows into the mouth of the child, an assistant closing the nostrils with the finger and thumb, to prevent the air escaping through the nose. If the air thus forced into the child reach the lungs, the breast will become slightly elevated. Pressure must now be made on the breast of the child with the palm of the hand, and the air will thus be forced out again : in this manner the natural breathing will be imitated. This process must be repeated, alternately forcing the air into the lungs and pressing it out again, until medical assistance arrive. Should there be no bellows at hand, do not wait, as every instant the child remains without this process, renders the future efforts more unavailing. Do not wait a moment, therefore, but immediately apply your own mouth to the

mouth of the child and blow forcibly into it, taking care to close the nostrils. The human breath, being much less pure than common air, renders this expedient of more doubtful efficacy ; therefore, the bellows ought always to be preferred if it can be had in time.

Always keep the head of the child elevated, and never suspend the body by the heels to let the water run out ; by so doing any hope of restoration that may exist will thus be annihilated.

The next important measure is to apply heat to the whole external surface of the body, by wrapping it in hot blankets, applying hot bricks, etc., and such means as will readily occur to every one who has the least presence of mind, taking care to leave the head and face exposed to the air. These and other necessary means, however, will be best directed by the physician, who will probably by this time have arrived ; but never forget, the moment the body is taken out of the water, to inflate the lungs ; wait for nothing ; until this is done, nothing is done that is likely to be effectual.

A child that is suffocated by bad air, the fumes of charcoal, or otherwise, is to be treated precisely in the same manner as above directed for drowning.

## Summer Complaints—Bowel Complaints.

If we desire evidence of the great fatality of these diseases in the United States, we have only to examine the weekly report of deaths. No statistical statements are necessary, however, the fact is too well known to every parent, and the effect of this knowledge is fully evinced in the solicitude felt for the child during the heat of summer. It is really affecting to the physician to see the fond mother, her eyes sparkling with delight—while he is contemplating her child, perhaps her only child,—suddenly change countenance, and with an expression of apprehension, inquire, does he think it will live through the second summer? How gratifying must it be for him to be able conscientiously to tell her that, if early attended to, and judiciously treated, it *will* survive the second summer; and this the author feels warranted in asserting in the great majority of cases. But to *secure* this happy result, *due care* and proper management *must* be observed.

The moment the child's bowels become disordered, that very moment commences its peril, particularly in summer; and should the parent be desirous to have done what science can do for it, relief should be sought for

immediately. Every hour the disease is suffered to proceed, increases the danger.

A very frequent and very fatal error is committed in allowing such derangements to proceed unattended to, under the idea of their being a *necessary* and rather *favourable* attendant on the child cutting teeth. Now, although teething and bowel complaints frequently affect children, at the same time—the former sometimes causing the latter—so far from its being proper to neglect the latter, particularly if violent, the circumstance of the two existing at once only increases the danger, and is an additional reason why it should not be neglected. Never, therefore, suffer a bowel complaint to run on, under any circumstances, without proper attention being paid to it.

Another great mistake is oftentimes made in sending the child into the country with a view of its being benefitted by the change of air, &c. There is a time when change of air is frequently a very valuable means ; but so much judgment is required to determine *when* it ought to be had recourse to, that, if not directed by skill, it generally proves injurious, particularly during the early or feverish stage ; for not only does it increase this state, but it removes the child from the only means that are



at this time at all calculated to be of service to it. In bowel complaints generally, and especially those of long standing, and where the fever is not violent, the surface of the body, particularly the hands and feet, should be kept *warm*, not *hot*; consequently, tepid baths, flannel worn next the skin, and warm clothing, generally, if the weather be cool, will be found advantageous.



### Hooping Cough.

This distressing malady usually commences like a common cold, and is not to be distinguished from it until the cough has put on its peculiar character, by occurring in fits or paroxysms, and being attended with that peculiar sound termed a hoop. This once heard can never be mistaken. It is a great error to suppose that art can do nothing for this disease. Early attention to it will seldom fail of alleviating its most distressing symptoms, and ultimately of conducting the little sufferer in safety to a speedy convalescence; whereas, by neglecting it at the beginning, such injury is often done to the delicate structure of its lungs and brain, that death not unfrequently closes the affecting scene.

It is of great consequence that the diet be of the most simple and lightest kind—animal food of all sorts should be withheld, as should also all stimulating drinks.—In short, being almost always at the commencement attended with more or less fever, the directions given under that head will apply here. Much mischief is done, and many lives are lost, by sending the child out for fresh air at unseasonable times. The old practice of seeking a change of air is undoubtedly a very good one, provided the state of the weather be such as to admit of it; but in order that it should be attended with advantage, strict regard must be paid to the state of the child at the time. It will always be unsafe if the child be feverish, or the weather be otherwise than warm and pleasant. When the cough has become chronic, or of long standing, and the child is well in other respects between the fits of coughing, change of air will frequently be found of great benefit.



### **Delicate Children.**

It is a common opinion that weakness is the general cause of delicacy in childhood, and that internal strengthening remedies are the means from which we

are to look for benefit. It is in consequence of the constant desire evinced by parents to have recourse to these means, and in order to obviate the evil effects of such views, that attention is called to this subject. It is true that original weakness is frequently the first link in the chain of evil, but unfortunately this state is seldom remedied before certain effects have taken place in the internal organs, which require an entirely different mode of proceeding. It is true that in delicate children weakness prevails throughout the body generally, but with this there is almost constantly present disorder of those organs whose office it is to nourish and renovate the system ; and unless this be constantly kept in view, vain will be our efforts at restoration. Although the system be in a state of debility generally, and may stand in need of being invigorated, the internal organs, through which flows the fountain of health, and by means of which strength is to be obtained, will seldom permit of tonic remedies being internally used.

This delicacy in childhood being so frequent, it behooves us to inquire into the cause ; and, if possible, prevent the suffering of the little individual, and the certain pain and disappointment with which the parent is frequently visited by its premature decay and death. All debilitating agents operating on the parents have a ten-

dency to produce weakness in the offspring ; and of the numerous causes of *original* weakness there is no one, perhaps, more prolific than their constant addiction to intemperance. It is a painful subject for reflection, that the father should thus entail upon his children the almost certain seeds of premature decay. I say almost certain, for although the child of such parents may promise to be strong, still, when subjected to those diseases with which nearly *all* children are visited once in their lives, instead of passing unscathed through the fiery ordeal of fever, with which they are often accompanied, the child of delicate organization fails under the excitement, and death, or more confirmed weakness, is frequently the consequence. The most fruitful sources of delicate health in children, *originally* of good stamina, are general bad management and unwholesome food.

In regulating the regimen of delicate children, it is advisable that they be kept from all kinds of distilled and fermented liquors, and from all restoratives and medicinal compounds, of which these form a part. The custom even of allowing the child to sip wine, etc., out of its parent's glass is improper and inadmissible. Its diet should consist of such articles as are of most easy digestion, particularly such as rice, arrow root, Irish moss, the different preparations of Indian meal and oatmeal,

with or without milk, according to circumstances. Animal food cannot be used with advantage so long as the internal difficulty continues serious. When this is removed, the child may gradually be permitted to partake of such articles as are mentioned under the head of diet, carefully avoiding those pointed out as improper for delicate children. Active and particularly violent exercise of all kinds should be avoided. At all events, the child should never be urged to such as it does not seem disposed to take.

Passive exercise, as swinging, sailing, riding, etc., will be found of great advantage ; therefore, frequent excursions, when the weather permits, may be had recourse to, always avoiding exposure to extremes of heat and cold. Even passive exercise, however, is of doubtful efficacy if the child be feverish. Great benefit will generally be derived from the warm bath—this may be used twice or three times a week, according to circumstances, at the temperature of 90 to 100°. In order to aid and maintain the advantages gained by the use of the warm bath, it is of consequence that the whole external surface of the body be kept comfortably warm, and this will be best effected by fine flannel being worn next the skin. The cold bath is seldom proper, and can never be used with safety until the internal disorder be

removed, and the child be, in a great measure, restored and possessed of sufficient strength to bear the shock. It is then frequently a very valuable means, when properly applied, of establishing health, and, when established, of maintaining it ; but it is always a very doubtful, and even dangerous, means in the cure of chronic or slow internal disease.



### Warm Baths.

The warm bath is a powerful, and, when properly applied, a very valuable agent in the cure of disease ; but in consequence of this very power, it is liable to do much injury if injudiciously used. So much depends upon the heat of the bath, and so very much on this being adapted to the state of the child at the time, even when deemed proper, that it is impossible to apply it with safety, without strict reference to these circumstances, particularly when the head is affected, and there is a disposition to convulsions. The warm foot bath may frequently be used with advantage and without risk, when the feet are inclined to be cold. In the use of the general warm bath, much depends on the manner in which it is applied. It is desirable to have an additional sup-

ply of hot water to be added, in case it be necessary, while the child is immersed in it ; and to avoid its being excited by fear, the child may be wrapped in a blanket and held on the lap, so as to let its feet dabble in the water previous to immersion, and by slow degrees, and imperceptibly as it were, suffered to sink until its shoulders be covered, amusing it at the same time, if possible, in the manner best known to the fond female accustomed to the management of children.

On its removal from the bath it should be quickly wiped dry, enveloped in a blanket, and put to bed, taking care gradually to remove part of the covering, if the child become hot and restless.

The tepid or moderately warm bath is also a remedy of great value and extensive application. It is exceedingly useful in chronic diseases of the belly and of the skin ; and may be had recourse to without fear of doing injury, provided care be taken to secure the child from cold on its being taken out of the bath.

## Leeches.

Considerable alarm to parents, and sometimes actual mischief to the child, is occasioned by the orifices produced by leeches continuing to bleed, after sufficient blood has been obtained. In ordinary cases, a little fur from a hat applied on each puncture, over which a piece of muslin, folded several times, and secured with a bandage, applied with sufficient tightness, to ensure firm pressure, is all that is necessary. The little patient should be carefully watched, particularly if the bleeding occur during the night ; and should it continue, as it sometimes does, when leeches are applied on soft parts, as over the region of the neck or stomach, firm pressure of the finger over the fur immediately prevents the further loss of blood ; and, if continued, generally arrests it altogether. Should further means, however, still be necessary, the end of a small stick of Lunar Caustic should be scraped to a point, and firmly pressed into each puncture, and repeated until the bleeding ceases. This, in the author's hands, has *never* failed to arrest the flow of blood in any case he has met with,



## Administration of Medicine.

All directions as to the administration of medicine have been purposely avoided, not only from the impossibility of their being given in a work particularly designed to be *concise*, but, in the first place, from a belief that such works are seldom read, and, when read, from the *fullest conviction* that they are rarely productive of good, and not unfrequently the cause of much mischief. As curative means they can scarcely ever be used with advantage, without a correct knowledge of disease, and unless applied with judgment, and adapted to the varying states of each individual case.

The utter absurdity of such directions will be evident, when it is known that the physician, at the bed side of sickness, scarcely ever meets with two cases *exactly* alike, and requiring exactly similar modes of treatment. He finds disease so much modified by the season, by the temperament of the individual, and by a variety of other circumstances, that notwithstanding his mind may be stored with the accumulated knowledge of ages, his own judgment has still to be continually exercised upon the individual case, before he can prescribe the appropriate remedy. In fact, it is in this nice perception of the

*really* different, although *apparently* similar, states of disease, and the adapting his remedies to the peculiarities of each, that the physician evinces his superior skill, and it is in this that one distinguishes himself above another. How then can it be expected that benefit should accrue from the publication of popular works on the administration of medicine, without the mind has been previously informed on the nature of disease ?



### **Early attention to Sickness.**

After the introductory remarks which have been made, showing the great loss of life consequent upon a want of early attention to disease, any thing further on that head may be thought unnecessary. If, however, there be one consoling reflection for the parent who has lost his child, it must be in the consciousness of having neglected nothing that might have been instrumental in its recovery. If, instead of trying one experiment after another, the mother place the child early in the hands of those who profess to understand its ailments, and to give it every aid which science affords, and she select one in whose skill she has entire confidence, she does the best she can do ; with him rests the responsibility ;

and should his efforts not be crowned with success, it will still be an unspeakable satisfaction to her to know and feel that she has done her duty. Even in a pecuniary point of view, it is best not to tamper with sickness ; for if the disorder be of little importance, it will be set to rights, possibly, by the adoption of *simple*, and the avoidance of *improper* means, at the trifling cost of a single visit, and the anxiety of friends will be relieved ; or, if of a serious nature, the physician will be on the spot and ready to meet it, while it is yet, perhaps, entirely under the control of his art. Since the publication of the first edition of this work, the following case came under the notice of the author ; and as the physician will recognise in it one of almost daily occurrence, no apology will be required for its introduction in this place.

He was called to see a beautiful little girl, two years of age, an only child. It had been suffering from violent disease ten days, and little skill was required to discover that little could be done for it. At one of his visits the mother requested one of his pamphlets ; at first, he hesitated, fearing lest the importance therein attached to early attention to sickness, might add reproach to her sufferings : at a subsequent visit, however, he presented her with one. Some little time after he saw the lady—  
 “ Ah,” said she, “ how much I regret not having sought

assistance earlier." Her husband was far from her ; she had no relatives near to console her ; she was childless ; her babe was in the grave !



### **To Fathers.**

Fearing lest the perusal of the details of the sick chamber may be irksome to the father, and that the directions laid down may be considered as altogether appertaining to the duties of the mother, a few words addressed to the former have been deemed necessary ; if possible, to show that not on the mother alone devolves the responsibility, but that all our efforts are required, if we would seriously set about lessening the mortality that prevails among our infant population.

Although the care of the sick is usually, and very naturally committed to the female, who by her tenderness was evidently ordained to perform this important duty, yet ought both parents to be so far informed on their general management as to be able to avoid gross error, and to see if occasion require that this be conducted on rational principles.

Did a father see his child enveloped in flames, would it not be important for him to know the speediest method of extinguishing them to save the life of the child? Equally important is it then, that he should be conversant with the *ordinary* means of obviating the immediate danger of internal disease ; for although in the latter the work of devastation may be more slow in its progress, and give less outward evidence of mischief than the former that would consume the child, it is no less sure in its work of destruction. It may be replied, we leave these things to our physician ; but it is in the absence of the physician that we call upon the father not to stand by a silent witness of error. It is during those hours of doubt and difficulty, while the female is, perhaps, almost overcome with anxiety and watching, that the sustaining influence of the father is frequently required, not only to see carried into effect those measures which, perhaps, alone can save his child, but, by his own knowledge, prevent fuel being added to the flame, by glaring mismanagement.

A perusal of the foregoing pages will show that it is not intended he should take upon himself the duties of the physician, nor the office of the nurse, but that his happiness is deeply concerned in a knowledge of the *common* errors that prevail, and which will probably

secure to him the blessing of that offspring, it is a great part of the business of his life to protect and provide for, and, perhaps, his greatest happiness to possess. Should it be thought that these remarks are uncalled for and out of place, and the requisitions inconsistent with the duties of the man of business, such affairs clearly devolving on the female, then does she need all our sympathy. She needs no appeal, for the strongest feeling implanted in the human breast is the love of the mother for her offspring. Observe how she watches her sick infant, night after night, day after day, without a complaint. See how untiring her efforts, how assiduous her cares, to relieve every source of uneasiness ; and when dark clouds encompass her, and danger threatens her child, who would say she needs no partner in her cares, no husband to share her responsibilities ? Should the father feel a repugnance to examining into the things which appertain to the sick, as some do *naturally*, let him at all events pay attention to that part of the management of his child which tends to the *prevention* of sickness, namely, the maintaining it in sound health. Although much has been written on the beneficial effects of early education on the individual in after life, and few will be found to deny its influence, still it is of modern date that the attention of philosophers has been particularly directed to the great influence of body on mind, and to

the advantages which accrue to the adult, in a moral point of view, from the enjoyment of a healthy condition of all the organs, particularly of the brain, in the early part of his existence. The fact that a healthy body affords the best security for the possession of a vigorous mind is now too well established, to be affected by the circumstance, that cases are to be found where individuals have arrived at eminence, who have been delicate when young ; and the father, looking forward to the future prosperity of his child, here finds an additional reason why every means should be adopted which are known to be advantageous in thus securing its health. If, therefore, the father would fondly dwell upon the distinction his child may attain in manhood, let him not doom himself to disappointment by neglecting those duties it requires in childhood.



### **Prevention of Disease.**

The best safeguard against disease is sound health. The custom of giving medicine to children in health, for the prevention of sickness, frequently renders the body more liable to attacks of the very disease we wish to avoid.

Perfect health consists in the regular and due performance of every function of the body. When this takes place, the most wonderful harmony prevails throughout the system, and the *feeling* enjoyed is beyond the power of man to describe. It is this feeling that gives to childhood its activity and joyous mirth ; it is this that gives to manhood all that power and confidence which enables him in his onward march of ambition to project and accomplish his wonderful designs ; and in age it is this, by its sustaining influence, that gives cheerfulness and contentment ; and finally, added to a well spent life, leads man to look forward with hope and confidence to a happy immortality. The impropriety, then, of giving medicine to children in health to prevent disease, becomes apparent, when it is understood that the beautifully balanced harmony of the functions constituting health, by medicine, is disturbed ; that altered actions take place, and, if evacuates, be employed, a shock, and subsequently a lowering of the tone of the system is produced, which ultimately leave the body an easier prey to disease.



# MANAGEMENT OF CHILDREN IN HEALTH.

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## General Observations.

In order that man should have healthy offspring, it is necessary that he himself should be healthy; for there is no greater truth than that the errors of the fathers are visited upon the children in this life. It behoves parents, therefore, in regulating their conduct, to take into consideration not only the evil effects of bad habits on their own immediate health and happiness, but likewise the effects on their children; for nothing is more certain than that a disposition to certain diseases is frequently transmitted from parents to children, as well as peculiarities of mind and body. It has been observed, that the offspring of parents indulging in the unnatural excitement of intoxication have frequently been found idiotic or deficient in the developement of the brain. If such be the fact, what stronger appeal can be made to the intemperate than that made in favour of his offspring? Where is the parent that can deliberately doom his progeny to idiocy? Imagine such, if one is to be found, contemplating his own drivelling idiotic child, with the consciousness that he himself is

the cause—what can be more horrible? If, therefore, we wish to have the blessing of a healthy child; if there be any delight to us in contemplating the child of our own loins, in associating its resemblances to ourselves, or to those fond relatives long laid in the dust—if there be any pleasure in daily watching its lively movements and growth, and secretly devoting ourselves incessantly to toil for its future welfare—in short, do we desire to see this child live, and live a life of happiness, our lives must be lives of temperance, and our habits the habits of the good.



### **The Infant.**

The infant, during the first months of existence, being so entirely dependent for its present and future welfare on those who have the management of it, that much of course will depend upon the intelligence and care bestowed upon it by its parent or protector. Not only will it be subject to the evil effects of change of weather from heat to cold, and from cold to sudden heat, which it is almost impossible to guard against and counteract, but a variety of causes are continually in operation, which tend to the derangement of its tender organization, not a few of which unfortunately

are to be attributed to agents still involved in the deepest obscurity ; into the operation of whose laws the most profound researches of man have hitherto entirely failed to penetrate, and, consequently which he is still little able to control. There are others, however, with which we are acquainted, and these it becomes our duty to notice.

It would be a strange anomaly, if its Maker, after displaying such consummate skill in its creation, and such wondrous wisdom in every other thing connected with it, from its birth to the termination of its existence in old age, should have been unmindful of its necessities at this particular time, and yet, if we may judge from the prevailing customs handed down to us by our forefathers, it would seem, if they had reflected on the subject at all, they must have come to this conclusion ; for no sooner is the child born, than medicine has been thought the first thing necessary for its welfare, and scarcely an hour is suffered to elapse before some kind or other is given. It can scarcely be necessary to say, that such views are founded in error, and that the custom is highly reprehensible, for not only is medicine unnecessary, but the practice of administering it, at this time, seldom fails to disturb its delicate digestive organs ; and thus, at the very threshold of existence, is a foun-

dation laid for future trouble, but which trouble is rarely attributed to the true cause. The mother may be assured, that by applying the child to the breast as soon as she feels able to bear it, and giving it that sustenance provided for it by nature, she will best accomplish the end intended; for the properties of its food, at this time, are peculiarly fitted to perform all those requisites necessary for its health and comfort. We hope to be pardoned this apparently uncharitable allusion to the want of knowledge of our forefathers.—Far be it from us to subscribe to that part of the old adage, which says, “sons think their fathers fools, so wise they grow,” for none we trust feel a greater veneration for them than we do; but the fact is, in this age of enlightened philosophy, much error is found to exist in all branches of science, and it would be inexcusable to overlook errors when we positively know them to be such, and particularly when we find them so numerous, and exercising such an extensive and baneful influence over the interests of all classes of society. It is a positive fact, that a very great part of the duty of a physician consists in the correction of errors handed down from time immemorial; and the very circumstance of their being thus conveyed from father to son, and the natural veneration we feel for the opinions of our fathers, can alone explain the reason why the mass of people still cling to

old and erroneous practices in relation to medicine, and why they form, perhaps, one of the greatest difficulties the physician has to overcome in the practice of his arduous profession.

Should the mother not yet be provided with its natural food, cow's milk diluted with water, say two thirds of the former to one of the latter, sweetened with a little loaf sugar, is all that is proper for it. All compounds of crackers, panada, &c., at this early age, are injurious, giving rise to flatulence, cholic, &c. Similar results often follow too frequent and too abundant nursing. It does not follow because the mother has an extraordinary quantity of nourishment, that the infant must necessarily consume the whole of it. If the child vomit its food, and the mother is distressed with such an abundance of it, she must be relieved by other means. Should the infant's bowels not be moved in due time, an injection of warm water may be administered.

Daily washing the child is of great consequence,—this should be very effectually performed with *warm* water and mild soap, its comfort and health will be much promoted by this constant attention to the skin. As soon as it is washed it should be *quickly* wiped

dry, and dressed *immediately* ; much mischief is done in winter by the child having its ablutions tardily performed. It is no doubt, generally, an agreeable office for the mother of leisure to perform, and she may love to loiter over the pleasing task. It is much to be feared, however, that this unseasonable contemplation of its youthful beauties has not unfrequently given rise to colds that have ultimately occasioned its death. Let the child, then, be quickly dressed, and, in order to avoid as much as possible the pain of inflamed eyes, and perhaps much worse evils, never suffer its head to be washed with brandy, or any other kind of spirit.—It is generally done with a view to prevent colds, but applied as it usually is, it is decidedly one of the most certain means of producing them. Custom seems to require that the child should have a cap, and as there can be no objection to this article of clothing, if it be composed of thin materials, such a one may be used, but should be laid aside as soon as the head is covered with hair. It is of the utmost importance at all times, whether the child be sick or well, that its head be not enveloped in such a manner as to increase its natural heat. Its tender brain is now so susceptible of disease, that this cannot be done without great risk.—The infant ought on all occasions to be kept as *dry* as possible ; and the nurse will do well to recollect, that in no

small degree will its comfort and growth be promoted by constant attention to this circumstance. Neglect of this measure, not only leads to irritation and disease of the skin itself, (in infancy highly excitable and delicate,) but frequently has a very pernicious effect on the internal organs, giving rise to indigestion and its usual train of inconveniences. The feet should always be kept comfortably warm. After the first few weeks of existence, if the weather be warm and pleasant, the infant may be carried out every day ; and if thus early accustomed to inhale the pure fresh air, and to feel the motion, although slight, of being carried about, it will be found to grow healthy and vigorous, and to be much less liable to injury from unavoidable exposure, when the weather becomes variable.

Should the mother from any cause be unable to nurse her infant, it must of necessity be brought up by hand, or be put to a wet nurse. If the former plan be adopted, the child must be confined to the mixture of milk and water, &c., above directed, for the first few months, taking care, however, that the milk be of good quality, otherwise, in that diluted state, it will not afford sufficient nourishment. Should circumstances favour its being wet nursed, the following remarks may assist the young mother in selecting a person to fill the office.



### Choice of a Wet Nurse.

The making choice of a wet nurse is so important, and frequently so difficult, that the judicious physician gives his opinion on the subject with extreme caution, and in reference to any individual, with great reluctance. As a general rule, in addition to the love of children, for which the sex is distinguished, she should be possessed of so much benevolence, that her pure good feeling for the babe, will alone insure her attention to it on *all* occasions. Without this, it appears to me impossible that any woman can do, for another person's child, what is absolutely necessary for its safety. A strict sense of duty will do a great deal, but it will rarely do sufficient.

We find, that with all the watchful care the mother can bestow, the infant frequently fails to reach to years of maturity. Does the rude wind whistle, she adjusts her infants covering; does it move in its slumbers, she is in an instant by its side; and does it cry, she is ready in a moment to administer to its comfort. Where can we find another that *can* act with the same *feeling*? No where!! And yet even she is an insufficient safeguard against the evils that sometimes encompass it.—



Do we not want abundance of benevolence then to insure such *continued* attention to the helpless infant ? Can the individual attending for mere pay, and without this qualification, be expected, by her watchfulness, to ward off the numerous causes of sickness that surround it ? Certainly not ; it is folly to expect it.

It is important that the nurse should be healthy, and have recently borne a child ; that she should be of a placid, cheerful disposition—in short, that she should possess as many of the quiet, amiable qualities of the mind, as can possibly be obtained. The milk of such a mother is bland, rich and nutritious—is really the milk of human kindness. We should avoid the *diseased*, for reasons stated throughout the work ; the *careless*, for reasons obvious to every one ; the *selfish*, lest quietude be purchased at the expense of sleeping drugs and the child's health ; and the *intemperatc*, for all the above reasons and a thousand others combined.



## Diet.

It is singular that such difference of opinion should have existed on the subject, whether animal or vegeta-

ble food is most proper for man. The fierce disputes which have arisen, can only be accounted for, by the disposition there appears to be in human nature, at the present day, to go into extremes, without taking that comprehensive view of the subject which it evidently requires. If we look at man's organization, his teeth, his jaw, his digestive organs, we find that he was intended by his Creator to be omnivorous, that is, to be capable of subsisting on either, or on all kinds of food ; and this was clearly designed to enable him to adapt himself to the different regions over which it was intended he should roam.

It is evident, from the nature of the food principally provided for man in hot climates, that there vegetables were intended chiefly for his support ; whereas, in the frozen regions of the north, it is also clear that animal food should form his principal sustenance, as it is found in abundance, and vegetables scarcely exist at all ; besides, it is proved by experience, that animal food is absolutely necessary in the cold regions of the north, while between the tropics, man flourishes best on vegetables. Thus, while the Laplander lives on his oil and his fish, the native inhabitant of the torrid zone subsists almost entirely on his rice, his bread fruit, and his Indian corn. Living as we do, in the temperate regions of the

earth, we have very naturally adapted our diet to our position on the earth's surface, and partaken of both vegetable and animal food ; but here we have neglected to observe, that although we may be in what are termed temperate latitudes, we are in this part of the United States, really subject to a much wider range of the thermometer than is usual in what are strictly termed temperate climates. Indeed, we are subject to the heat of the torrid, and almost the cold of the frigid zone. Does it not at once then become evident, that animal food should form but a small part of our diet, during the heat of summer, and that in winter it ought to be used with more freedom. And need it be said, children, during the warm months of summer, generally enjoy best health when animal food is sparingly used.

For the *infant*, no food is so proper as the milk of its mother, to which it should principally be confined for the first ten or twelve months, or until its lower front teeth be cut. However inadequate this apparently simple fluid may seem to the nourishment and growth of the child, and however it may be desired by the ignorant to increase the rapidity with which this may be going on, it is always at more or less risk to the child ; for simple as milk may appear, it affords one of the grandest proofs of the wisdom and design of the Crea-

tor, in adapting His means so extraordinarily to suit His purposes ; for it is found by modern chemistry to contain all the grand elements of nutrition, that are so widely diffused throughout the whole animal and vegetable world. It is found, that the nutritious principle existing in such various states and forms, in the different kinds of food we use, and that frequently require such varied means to bring them into a fit state for our use, are all, when resolved into the elements that actually go to form flesh and blood, found to be centered in milk. No matter whether it is in the flesh, the fish, the fowl, the potato, the rice, or the fruit, the nutritious principles of all are wonderfully combined in milk.

After the lower front teeth are cut, the child may be weaned, or nourished partly by hand and partly from the breast ; in either case, milk should still form the principal part of its diet. New cow's milk boiled and skimmed two or three times, in which occasionally may be boiled cracker powder, oat meal, or Indian meal.—Genuine Bermuda arrow root, sago, rice, &c. are also proper. Now and then a little beef, chicken, or mutton tea, taking care to skim off the fat. The child may be permitted also to hold a piece of meat in his hand, sufficiently large to prevent its being choked with it, which it may chew and suck. It may also have bread spread

with good butter, honey, or molasses. Its drink may be water, milk and water, or very weak tea, with sugar, and plenty of milk in it. As the child advances in age, and after its double teeth have made their appearance, it may be permitted to have more solid food, tender meats, such as beef, mutton, lamb, game, poultry, soft boiled eggs, &c. with a due proportion of vegetables ; in short, gradually such good wholesome animal food at dinner, as in ordinary use, taking care that meats should not be cooked immediately after being killed, and when cooked, that they are thoroughly, though not overdone. Its breakfast should consist of bread and milk, mush and milk, &c. Its supper of the same, or of milk and water, weak tea, with plenty of milk in it. Three or four meals a day are amply sufficient, nothing being given in the intermediate period, or, at most, a single piece of bread and butter. In regulating the diet of children, the state of the child at the time, and the quantity, must always be attended to, particularly during the process of teething, for at this period, there is in most children a tendency to the feverish state, and derangements of the stomach and bowels are liable to take place. Should such occur, the diet above directed would be decidedly improper ; therefore, the animal part should be withheld until such derangements have subsided. It is also important, that regard should be paid to the season of the year.

During the warm weather, as has been before observed, animal food should be sparingly given. As the child grows up, its own palate should, in some degree be consulted, in selecting its food ; and, if not *positively improper*, it should be indulged in its little likings to a certain extent. Children, if observed, will be found to show a fondness for particular things, and an aversion to others. It is an innate feeling, and is as various and as natural as in the adult ; and, although it has not been viewed generally in this light, it ought not to be disregarded. If the likings of the child be thus in *some measure* regarded, and it is in health, there will be little necessity for our being over nice in the selection of every article of its food ; for its digestion will be so active and vigorous, particularly if it has been allowed free exercise in the open air, that there are few articles in ordinary use, but what it may be suffered to partake of, provided always that it is not allowed *too great a variety*, or suffered to go to excess. It is decidedly an error to lay down rules to be observed in all cases, for what one will find difficult to digest, another will frequently assimilate with perfect ease.

It will be observed, that animal food has been allowed to enter pretty early and freely into the diet of children. It is, however, to be always understood, that the above

has reference to a child in health ; and, if we desire to keep it so, and to have it grow and remain healthy in after life, too much care cannot be bestowed on it when young. If the child be delicate or sickly, then is the above improper, and other means are necessary, in order to bring it into the state when such can be taken with advantage ; but until this be done, and the child be able to take good, wholesome, nourishing diet, and in which animal food bears a due proportion, we cannot expect, in this climate, to see it arrive to healthy and vigorous manhood.



### **Improper Food for Delicate Children.**

The following may be enumerated, among other articles, as generally objectionable, particularly in delicate children.

Fish, generally, particularly salted and dried, clams, veal, pork, and fat meats, salted and dried meats, cheese, hot cakes, new bread, pastry and hard dumplings, raw apples, and uncooked and unripe fruit, and vegetables of all sorts. All distilled and fermented liquors should be scrupulously avoided, not only in the diet of the deli-



cate, but likewise in the most healthy ; for, although no injury may be apparent, occasionally in the latter, at first, they are sure, sooner or later, to produce their usual ill effects ; and so far from their not immediately producing their bad effects, being an evidence of their wholesomeness, it only shows an extraordinary degree of power in the individual, to resist the evil effects of a poison, in the end the most deadly.

It is impossible to close these remarks on the subject of diet, without adverting to, and protesting against the present breakfast of a large portion of the children of this city. The child is seated at the breakfast table with its parents ; it is allowed hot coffee, with fish, perhaps salted and dried, or sausages, with hot bread or buckwheat cakes, all stimulating and of difficult digestion. Now, although the powers of digestion of a healthy child are exceedingly vigorous, and for a time withstand the ill effects of such irritating diet, yet, if they are not almost equal in power to those of the ostrich, the little creature, by the constant repetition of such meals, becomes enfeebled, is rendered peevish and fretful, and is, perhaps, corrected for its bad temper—the parents never imagining that indigestible food can produce such consequences on its natural disposition. At dinner, it would very properly partake of the animal food in ordi-



nary use, but that its stomach, now exhausted by the previous excitement produced by such an irritating breakfast, is not in a condition to dispose of a substantial dinner with ease and comfort ; the child, instead of being nourished by this important meal, is still kept in a state of fretfulness, a morbid and unnatural craving for more and more food (a sensation not understood by parents) is produced, and bread and butter, &c. in almost unlimited quantities are frequently given, perhaps until the hour for supper arrives, when it is still further induced to add to its uneasiness, by having set before it a plentiful supply of sweetmeats and rich cake. Thus, from the breakfast being composed of such a combination of irritating articles, the child is not only deprived of a good wholesome meal, but is kept in a state bordering on fever, and rendered incapable of deriving due nourishment from each of the succeeding meals.

Such being the diet in very general use, amongst the children of a large proportion of the community, and this forming the bone and sinew of the country, how can it be wondered at, when the digestive organs, the apparatus that converts the food into flesh and blood, the very organs that do the work of renovating and invigorating the body, are thus continually irritated and

overworked, should give way ? And when they have given way, how can it be matter of surprise that the whole system should suffer ?—that dyspepsia should be so common as life advances ? And when it is considered that the organs, situated on the verge of the circulation, as the teeth, the hair, &c. are thus deprived of their due supply of nourishment, how can it be otherwise than that these should also fail, and that they should be rendered so frequently subject to decay ?

This is no exaggerated view of the mode of living of the children of a large mass of the community. Would that parents could be *convinced* of the truth of the other part of the picture, the *consequences*, then would we have few of the disagreeable diseases of the skin ; then also, if more regard were paid to exercise in the open air, would we see in our streets still more blooming countenances, and teeth that would not be set to ache by every slight exposure to the change of temperature the climate is so peculiarly subject to.

### Exercise.

At no period of life is action so necessary to health as in childhood. This is clearly shown by the restless condition of children in confined situations ; exercise ought therefore to be encouraged in every possible manner. As children necessarily pass a great part of their lives within doors, every facility should be afforded them for enjoyment ; and such games should be selected as will allow them to romp, and in which they find continual amusement. The noisy mirth of childhood ought never to be met with a frown ; for it ought always to be recollected, that it is not only natural to them, but actually necessary for the full and healthy development of every organ of the body. Every bound and every shout adds vigor to their limbs and strength to their lungs ; and every effort to restrain them in their youthful gambols, is as unnatural as it would be to confine the deer in the midst of the forest. It ought never to be forgotten, that they are now *observing*, but scarcely *reflecting* creatures ; consequently, that although they may occasionally annoy the aged, they are unconscious of it themselves, and ought not to be reproved with severity : and should we now and then meet with a refractory spirit at a more advanced age, who might seem

to require more sharpness of reproof, let us still rather temper it with mildness, and appeal to the better feelings of his nature, than run the risk of calling forth his worst passions by harsh or severe correction. The violent tempered and the viscious are not necessarily allied ; on the contrary, the former is frequently found coexistent with the noblest feelings, and the appeal will seldom be made in vain.

The play room or nursery ought to be situated upstairs, and the less time children spend in basement stories and cellar kitchens the better. However advantageous exercise may be within doors, it is still more conducive to health when taken in the open air ; not a day, therefore, should be suffered to pass, when the weather will permit, without some part of it being spent in the open air.

The plan adopted by some of the first schools in this city, of requiring the children to study their lessons in school, and thus leaving them at liberty after school hours, is worthy of all praise. It is a grand point gained by the little candidate for future fame and distinction ; and it is sincerely to be hoped that the plan will become general. It is really grievous to see little children poring over their books from nine in the morning until three

in the afternoon, with scarcely an hour's intermission ; and then, after arriving at home and eating their dinner, again compelled to sit down to prepare their lessons for the following day, until the hour is announced for bed. Thus is the whole day consumed, with merely one half hour for recreation and exercise, and when it is proved, beyond all manner of doubt, that continual exercise of the brain, to the exclusion of that of the rest of the body is productive of loss of appetite, indigestion, debility, and general ill health, and frequently such disease of the brain itself as ends in death—what parent can do otherwise than rejoice that an opportunity is thus afforded for the young to combine exercise with their studies ?

To those who are over anxious to see their children excel in learning, it may be observed, that the old saying “the child is too smart to live,” is not founded in error ; precocity is by no means to be desired. If a child evince naturally any peculiar talent, or fondness for any particular study, it ought by no means to be discouraged ; but tasking its tender brain beyond its power of attainment, from an over-desire to communicate knowledge to the child, is highly injurious and can never be done with impunity. What mother would insist upon a child carrying a load that she knew would

inevitably crush it to the earth ? She may be assured that the desire, in the one case, is equally as unreasonable and improper as in the other.

It is much to be lamented, that in the present system of management of children, the female is not encouraged to partake more fully of the active exercise of the boy ; that while the latter finds abundant sources of gratification in his active sports, the little girl is suffered to pass a great part of her time at her needle and in inactivity, frequently from a feeling on the part of the parent, of such amusements being improper for her. It ought to be recollected, that health and vigor are as much to be desired in the female as in the male, and as these are to be obtained only by means of active exercise, it is as necessary for the one as the other. Although some of the rougher sports of the boy are inappropriate for the girl, and not adapted to her nature, yet there are others in which she might join, with the same advantage as the boy. It is a mistake to suppose there exists any reason why the female should not enjoy as active exercise, when young, as the male ; as regards health, her more delicate organization requires that she, of the two, should more particularly be attended to ; for while the boy can run where he pleases, and take exercise and enjoyment in a variety of ways, the

girl cannot. As therefore we find the best means we possess of warding off a long list of diseases in more mature age, particularly that most dire of all, *consumption*, consist in giving firmness and stamina to the body in early life, it will not be thought unnecessary that special regard should be paid to the female ; and although too much love and tenderness has been beneficently ordained to exist between the sexes to need any appeal to the male in favor of the female, yet it is requisite he should be made aware of the necessity there exists for certain measures being pursued in order to the avoidance of a train of evils that may befall her, if these be neglected. Allusion is made particularly to what is generally called delicate health, in other words, to that state, in which, although there may be no actual disease, still there is sufficient disorder to prevent her taking good nourishing food, and enjoying those pure delightful feelings that always accompany the vigorous and healthy performance of all the functions of the body.

In no particular does she stand more in need of his attention than in regard to daily exercise, and in nothing is he more deeply concerned than in devising means by which she can avail herself of this all important measure in securing her health.



That there should be such a great number of young females in large cities compelled to pass their time in comparative inactivity, sitting at their needle with scarcely an hour in a week for out door recreation and exercise, is a circumstance truly deplorable. Could the other sex, have the least idea of the debility and other injury to their constitution, occasioned by such constant sedentary application, they would not be surprised that relief should be sought for, in every new remedy which is offered with the *promise* of certain benefit to their painful feelings. Nor that the hopes these promises generally give rise to, should so rarely be realized. The unpleasant complicated sensations, among which are particularly to be numbered, loss of appetite, weakness, heartburn, headache, pains in the side, palpitation, and the endless train of nervous symptoms, usually combined in that most horrible disease, Dyspepsia, are mainly attributable to too high living, and to the want of that kind of exercise which we are impelled to take by the natural, but *due* excitement of business and pleasure.

It is a serious truth, that this disease is daily on the increase among us, and actually threatens to sap the foundation of all happiness and comfort, not among this interesting portion of the community only, but among all those who confine themselves to sedentary occupa-



tions. Unhappily, the evil does not cease with the pain this disease produces at the time, for if it be not duly regarded in season, and the duties of the mother be added, the delight of existence is still further lessened, by the decay of those personal charms, and the loss of that cheerfulness, which make life not only a continual blessing to herself, but a source of unceasing pleasure to those who come within her happy influence.

There is also another point of view in which the health of the female particularly demands our attention. As patriots, as beings desirous of the welfare and happiness of our species, it behooves us to pay especial regard to the female, for how can a people expect to be great unless they possess physical health and vigor? and how can this be obtained unless mothers be healthy and strong?—How can we expect healthy offspring, if mothers be enervated by confined habits when young, and as it is too much to be feared generally, in the present luxurious and highly civilized state, sedentary habits at a later period?

While on the subject of exercise, it was our intention to have made a few remarks, in order to direct public attention to the necessity there exists for greater facili-

ties for the enjoyment of recreative exercise out of doors, such as may be taken in public gardens, sheltered promenades, &c. The subject of public squares, parks, etc. has been ably discussed by the Rev. Dr. Humphrey, in a letter published in the New-York Observer, of March last, and is better calculated to promote the object in view, than any thing we could have said. We have therefore availed ourselves of the opportunity, and appended it to this work. It is one of a series of letters publishing in that paper, and the production of a philosophic, comprehensive, and philanthropic mind, and contains suggestions which, if carried into effect, will contribute largely to the health and happiness of the community.



### **Dress.**

As the power of resisting cold, during the period of infancy and childhood, is much less than in more mature age, it becomes important in regulating the dress of children that particular regard should be paid to this circumstance, and that the child should be well protected from the severe cold of winter. Care should be taken however, that the extreme of encumbering the

child too much should not be run into. It is wrong to imagine disease and death to be conveyed in every blast ; and although it is highly proper that a due quantity of covering should be employed, still it is advantageous to accustom the child to some degree of exposure, if it be expected it should escape the ill effects of every variation of temperature.

If it be old enough and able to exercise itself, its own feelings should in some measure be consulted. The child should never be *pinched* and *bound up*, as is too often the case when exposed to the cold. It can never be warm if the circulation of the blood in its limbs is thus interrupted. It is impossible for it to enjoy the pleasure and reap the benefit of pure air, in cold weather, if its movements are thus restrained by tight clothing. It should be permitted to exercise itself freely, and in the manner most agreeable to itself ; and its *own comfort* rather than fashion, ought at all times to govern us in arranging its dress. The infant, however, when carried out in winter, should always be well protected against the cold, particularly while asleep ; and in regulating its clothing and adapting it to the changes of the weather, the external articles are those which ought to be added or removed. The shirt should invariably be composed of the very finest and softest

gauze flannel, or cotton. It is found in the hottest climates, that health is best secured by the use of fine flannel next the skin.



## Sleep.

It is to be feared, that too little regard has generally been paid to this mysterious but highly important part of man's existence. The great proportion of time passed in sleep, and the extraordinary organic operations, connected with nutrition and growth which take place during its continuance, render it a matter of the highest importance that it be not interrupted, and that every circumstance be strictly attended to which is known to have a favorable effect upon the child whilst under its influence.

The infant passes the greatest part of its time in this state, and it is rarely waked except by calls for food, and as soon as it has satisfied its wants it quickly falls again into sleep. As the child advances in age, it still requires more sleep than the adult, and in consequence of its constant activity during the day, its sleep is not easily disturbed,

In order to secure the advantages of undisturbed repose, it is important that too many children be not crowded together, and that they breath a pure air while asleep as well as when awake. The infant should never be entirely covered with bed clothes ; sufficient space should always be left for it to breath the pure air. It is too much the custom to place children's beds in any situation where they may be warm, without regard to the purity of the air in such places, and they are thus frequently pent up in closets and garrets where it is often impossible a free supply of fresh air can be obtained. Now, although the bad effects of such treatment may not immediately show themselves, yet, if persevered in, the consequences will inevitably be lasitude, debility, and bad health. The sleeping room, if small, should always be well ventilated by means of some opening, be it ever so small, through which a current of air can circulate, particularly where fires are kept in stoves through the night.



For the New-York Observer, March 12th.

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## DR. HUMPHREY'S TOUR.—NO. VI.

LONDON.—*Parks, Squares, Gardens, &c.*

I HAVE already spoken of the Royal Parks connected with Windsor Castle, and glanced at those of the nobility and gentry of England, some of which are scarcely less magnificent. My object in this letter is, to give some account of the great parks, and numerous public squares and gardens of London. But before I describe these, let me say a few words about the private court-yards and gardens, which arrested my attention in several quarters of the Metropolis. The English people, in good circumstances, seem to be much more anxious than we are, to secure the luxury of deep *front* yards, and of large open spaces in the *rear* of their dwellings. They want room—they want fresh air—they want, when within doors, to be as much retired as they can, from the noise and bustle of the streets. Nothing would induce those of them, who understand what real comfort is, and who have the means of securing it, to submit to that kind of *strait jacket* confinement, which many of the people of this country so ingeniously contrive for themselves and their children.

In London, proper, that is in the most ancient part of the city, which was walled in, the dwelling-houses, as well as other buildings are very compact, and most of the streets are miserably narrow. But in the newer parts, embracing Westminster, Southwalk, Chelsea, Islington, Hackney, &c., the lots on which the houses are built, are so large and so well laid out, as often to give a rural appearance to those very extensive quarters of the city. For long distances, on some of the most important streets, as on the New City road, for example, the houses are built so far back, as to give ample space in front, for trees, shrubbery and flowers. It is often from fifty to a hundred feet, from the outer gate to the porch. If in going home from his place of business, the merchant is jostled at every step, and almost run down by the crowd, the moment he reaches his own door, he is free. He enters, and the tumult dies away. He breathes a pure air, and looks out from every window of

his dwelling, not so much upon high and naked built walls, as upon the sylvan and floral beauties by which it is surrounded.

In parts of the city, where the luxury of spacious court-yards and gardens cannot be enjoyed by every family, I observed here and there, a charming little park or square, neatly enclosed by a high iron railing, and apparently belonging to a number of families in the immediate vicinity. These enclosures, tastefully laid out, into gravelled walks and adorned with fine shade trees, shrubbery, flowers, and ivy clad summer houses, are favourite resorts in pleasant weather, and it is especially delightful to see very young children, spending hours together with their nurses, in these miniature Elysian fields, inhaling the fresh breezes, and playing upon the smooth grass-plots, and among the bushes. How very different, I could not help saying to myself, is this young freedom and early exposure to air and sunshine, and soft showers too, if one happen now and then to surprise them in the midst of their sports—from that tender imprisonment, to which the children of wealthy families, are for the most part doomed, in our own cities. And how very striking, I may add, is the contrast, too, between the rosy health of the former, and the white—lilly complexion and frailty of the latter. It is easy to conceive, how in the laying out of every large town, these little enchanting squares and clipşes might be reserved, for every ten, or twenty families; and every body must see, how much they would add to the beauty of the place, and how essentially they would minister to the health and comfort of the population.

The newer and better parts of London, are adorned and refreshed by public squares and gardens, which must be regarded by every man of taste, as among the brightest ornaments of the city. Of these there are from *thirty* to *forty*, chiefly in the west part of the town; and many of them, such as Russell Square, Gray's Inn Gardens, Lincoln's Inn Fields, St. James' Square, &c., are quite extensive. Some of them cannot cover less than from six to ten acres. How exceedingly these bright and verdant oases, these charming shaded promenades, lying within a few minutes' walk of a million of people, must minister to their health and comfort! Who would consent, for half the Bank of England, to have them cut up into small building lots, and covered over with stone and brick and mortar? Who will not say, that were another London to be built, in any part of the British Empire, there ought to be many more, and larger public squares, reserved in laying out the new city than there are here?



But it is the great Parks of the Metropolis, which more than any thing else, delight the eye, and excite the admiration of the stranger. At least it was so with me. There are four of these, the smallest of which, would in any American city, with which I am acquainted, be regarded as a wasteful appropriation of land, which if brought into market, could in half an hour be sold for millions of pounds sterling. Were *we* to lay out such a city, we should be much more likely to calculate how many dollars it would take, to cover a single large park, which some might propose to fence off and adorn, than to consider what countless multitudes of people must want it, for air and exercise and necessary relaxation, in all coming generations.

*St. James' Park*, the smallest of the four, in London, lies near Westminster Abbey. Its fine cool avenues and gravelled walks, are extremely inviting during the warm season to invalids, as well as to those, who are worn down with cares and exhausted by intense application to business. In the middle of this park, there is a beautiful sheet of water, called the *Canal*, which extends almost the whole length of it, from east to west, and adds very much to the attractiveness of the place.

*St. James Park* opens directly into *Green Park*, and the *Palace Garden*, which lie side by side, and each of which is about as extensive as itself. They are both handsomely laid out, and finely ornamented with trees and promenades and fountains. The *Palace Garden* is particularly attractive; but of course, is less accessible to the public than the others.

*Hyde Park*, which lies still further out, is an immense military parade and pleasure ground. It is here, that most of the grand reviews take place, in presence of the king and royal family. It contains ground enough for the erection of no mean city—more than half as much as London itself did, when its walls were standing. As you approach it from Oxford-street, or Piccadilly, you seem to be coming at once into the country—it opens so wide, and extends so far. It cannot be less than five miles in circuit. I believe it is more. Like *St. James' Park*, it is refreshed by a large and beautiful sheet of water, called *Serpentine River*, and skirted by lofty trees, and as fine walks and carriage-roads as can be made of stone and earth and gravel.

*Regent's Park*, lies quite in the northwest quarter of London. It is nearly as extensive as *Hyde Park*, and more tastefully laid out and adorned. It is quite new, having been enclosed and planted within a very few years, under the patronage and the eye, if I was rightly in-

formed, of *George the Fourth*. In one corner of this park, are the Zoological gardens, with extensive accommodations for the various species of animals, suited to their natures and habits. The plantations, of course, are not yet grown, and all the improvements are too recent, to be in the highest degree beautiful; but the plan is magnificent. Even now, Regent's Park is the favourite resort of the rank and wealth and fashion of this vast metropolis. It is astonishing to see what multitudes of people resort hither, as well as to Hyde Park for relaxation and pleasure. The brilliancy of this pageant of earriages and servants and outriders of pride and rank and property, in a fine afternoon, I will not attempt to describe. It is the "fashion of this world, which soon passeth away." But I have often thought, what would be the condition of London, without her public squares and gardens and parks? Where could her vast population go for pure air, and to throw off care and business and study? How could such a world of human beings hope to escape the ravages of pestilential diseases?

And how could I help contrasting London, in the features of it which I have briefly delineated in this letter, with the populous growing cities and towns in the United States? No people in the world, have so much land—so much room to do just what they please, as we have. A mile square, or *five* mile square, is nothing to us;—and yet, no people under the sun are so covetous of every foot of land, where there is any prospect of thriving business, and a growing population. It would seem, in our large commercial cities, and even in places of limited trade, as if all the men of business wanted to crowd into one narrow street, and to erect as many buildings as possible, upon every square acre, that is occupied at all. Who has not been struck with this gregarious propensity, in passing through the new and flourishing towns and villages of this country? Utica, Geneva, Oswego, Rochester, Buffalo, Cleveland, Chicago, Cincinnati, and a hundred others. Why, one would judge, from their extreme compactness, that they were to be fortified, like the old European towns, to prevent the incursions of barbarians.

Should merchants and other men of business, who happen to cast their eye upon this letter, smile at my ignorance of the great facilities of trade, as they probably will, and tell me that they find a thousand advantages, in what I call their strait jacket and huddling systems, it would not become me to dispute the matter with them at all. But whatever may be true in regard to *business*, there can be no good reason, I am quite sure, for bringing out whole blocks of dwelling houses to the very line of narrow

streets, so as to have no yard in front, and then by narrowing the blocks, to crowd the houses one upon another in the rear, so as to leave no space for gardens, or fruit yards, when thousands of acres of cleared land, or primitive forest, lie all around, inviting the builders to extend their town, over just as wide a surface as they please. This strange want of taste and forecast—this unaccountable disregard to health and comfort and beauty, will be matter of the deepest regret to those who come after us, some two or three hundred years hence, when many of our towns, which are now just springing into existence will have become great cities; and it will be too late to remedy the evils of our absurd and contracted policy. What a pity, that in fifty growing towns, which I might name, no open squares, of any extent were left, in laying them out, and that as far as they have been extended, almost every rod of ground is covered with buildings. In most cases, perhaps something might yet be done, to redeem these embryo cities from everlasting discomfort, by seasonably purchasing and laying out the grounds which lie in the vicinity, so as to leave ample room for air and exercise—for trees and shrubbery, and flowers—for gravelled walks and wide avenues. How much to be desired is it, that suggestions of this sort, should be speedily acted upon by those who now have it in their power to bless unborn millions, with health and convenience; and that those men of wealth and enterprise, who are founding new cities and towns in the far west and elsewhere, should in the same way, hand down such invaluable comforts and blessings, if they do not their own names to a grateful posterity. And may I not just add in this connexion, how easy it would be to plant avenues, and lay out little malls, and parks, and pleasure grounds, in and around our thousand thriving villages. How greatly would it add to their beauty and multiply their attractions. I am mortified, when I think, how difficult it is, in most cases, to raise even a few dollars for any such purpose. In acting upon the maxim, that those who come after us must take care of themselves, as we have done, we neglect to take care of our own health and comfort.

In the small provincial towns of England, more attention has been bestowed upon this subject, than with us. Still much remains to be done there as well as here. At the last session of Parliament, Mr. Buckingham, the great champion of temperance, brought in a bill, which was favourably received, to aid and encourage the people, in making such healthful and ornamental improvements as I have just mentioned. It was thought the bill would pass, and that whatever

appropriations the government may be inclined to make, will impart a favourable stimulus to the people.

In respect to reserving and laying out pleasure grounds upon a grand scale, in or near any of our cities, it may be said, that *we* have no London, with its million and a half of people to be provided for; and that it would be absurd in us to fence off such territories as Hyde and Regent's Parks for public accommodation. It is true, we have as yet, no London in America; but are we not every day told, that New-York, at least, will one day vie with the proud metropolis of the British Empire. The whole of York Island, I believe is already laid out, in anticipation of the future greatness of the city. New-York has her Battery, I know; and a few public squares, of moderate extent, have been reserved in the plan; but where is the reservation for even one great park, to impart beauty and health and comfort to this commercial emporium of the Western Continent? How grievously will this want be felt, when it comes to number a million of inhabitants, and how bitterly will they regret the narrow policy of its founders.

Yours, &c.



Shankam









